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## OUR TEAM:

Janet Holmes  
Director

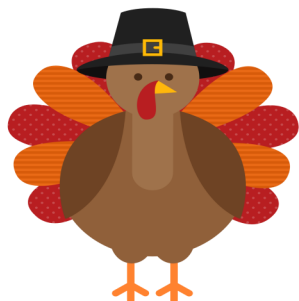
Angela DaPonte  
Assistant Director

Patty Lavoie  
Office Assistant

Ray Benoit  
Bus Driver

Phil Ferreira  
Manny Fontes  
Maintenance

Michele Blanchette  
Nancy Lambert  
Dining Assistants



# The Tiverton Senior Center

207 Canonicus Street  
Tiverton, RI 02878  
Telephone: 401-625-6790  
Fax: 401-625-6793  
Email: [seniorcenter@tiverton.ri.gov](mailto:seniorcenter@tiverton.ri.gov)



## NOVEMBER 2021

The CENTER WILL be CLOSED on THURSDAY, **November 11th** in observance of **Veterans Day**

The Senior Center will also be closed on **November 25th and 26th** in celebration of **Thanksgiving**



Ray Smith's Traveling Store will be coming to our Center on Tuesday, November 30th, 11 a.m.—2 p.m. ~ **Plenty of time for Holiday Shopping!**



## Jill Sanford & Art For Your Mind Join Our Monthly Schedule

Join Jill on the First Thursday ( **November 4th**) of the month at **10:15-11:15** for stimulating & entertaining presentations. November's presentation:

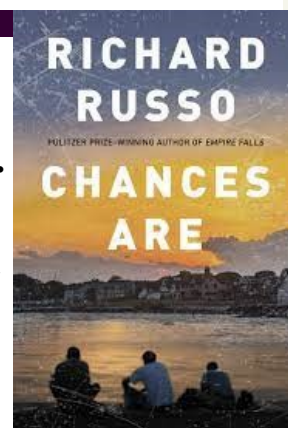


**Journey into Indigenous American Art**, will closely observe hand-made creations of Native Americans through time, from all across our country. See how unique natural resources from each of America's regions help to portray the beliefs & practices of these diverse cultures.

**TIVERTON LIBRARY SERVICES** presents "Words for Wisdom" a Book Club hosted by Tiverton Library's Maureen Iwanski. This month's book is "**Chances Are**" by **Richard Russo**.

We will meet on **Tuesday, November 16th at 10:15 a.m.** If you are interested in joining us, please feel free to attend on the above date at the Senior Center. New members are welcome at any time. Suggestions on authors and books are gladly accepted. **Large**

**Print Books are available in office. All are Welcome!**



## ACTIVITIES AT A GLANCE

**TOPS – NOW ON Mondays!! at 9:00 a.m. in Game Room. Welcome Back!!**

**Exercise with Deb—Mondays & Wednesdays 9 a.m. and Fridays at 10:15 a.m. \$3**

**Quilting for Charity meets every Monday at 10:00-3:00 p.m.**

**Pitch League- Hi, Lo, Jack meets Mondays at 12:30 p.m.**

**Chair Yoga with Shirley—Tuesday's at 9 a.m. Class fee is \$3.00 per class.**

**Drums with Jessica-Tuesdays & Fridays at 1:30 p.m. Class fee is \$3 per class.**

**Tiverton Library Services sponsored Book Club Tuesday, Nov. 16th at 10:15 a.m.**

**Mahjongg– Tuesdays and Fridays, beginning 11:30 a.m. (Learn Mahjongg Tues 9:30-11:30)**

**Wednesdays: Cribbage and CHORUS– 12:30 / JamBalaya Jammers at 1:30 p.m.**

**Balance Class with Jess-Thursdays at 9:00 a.m. Class fee is \$3 for members**

**Art For Your Mind-Thursday, November 4th at 10:15 a.m.**

**Center Meetings will be held on Thursday November 18th at 10 a.m.**

**FREE Wellness Check with Nurse Terry-Thursday, Nov. 18th 10:30-11:30 a.m.**

**BINGO-Thursdays!!! Starts at 1:00 PM Sharp!**

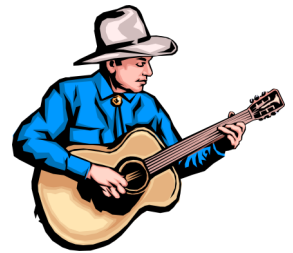
**Knitters for Charity-Thursdays at 1:00 p.m.**

**Zumba with Jessica—Fridays at 9 a.m. Fee is \$3.00 per class**

**Do YOU Like  
to Sing? The  
CHORUS  
Needs YOU!**

**Wednesdays  
at 12:30**

Members pay \$3 for classes. Non  
-members pay \$6 for classes.  
Become a member for \$5 a year  
and save money!!



### SHIP~ SENIOR HEALTH INSURANCE PROGRAM

SHIP counselor will meet with folks weekly **by appointment** to assist with health insurance/Medicare needs. Call **Donna Macomber** at 401-644-3317 or e-mail: **pmpsc@outlook.com** to schedule your appointment.

**Open Enrollment ends December 7th**

### CARE GIVER SUPPORT GROUP

Alzheimer's and Care Giver Support Group will meet on **Monday, November 1st and Monday, November 15th** from 2:30 to 3:45p.m.; Nurse Care Manager: Janet Grapentine facilitates this group. New care givers are welcome.

**BINGO 1:00 PM  
SHARP!**

**Thursdays!**

**November 4th**

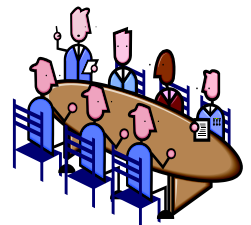
**November 18th**



**CENTER MEETING for the month of November will be on Thursday, November 18th at 10:00 a.m.**

The purpose of this meeting is to discuss our financial status, the condition of the building and grounds, fund raising, activities, special events, and classes or activities that you would like to see at the Center.

The Senior Center needs **YOU** to keep it moving along with fresh, new ideas and new members who actively participate. We need to keep our Center membership and our meal-site participant numbers growing.. The success of our Senior Center depends upon everyone's involvement. Please join us at our monthly meeting & lend your support and ideas.



Ray continues to bring Tiverton seniors and folks with disability to either the Center or shopping on Tuesdays & Wednesdays. Please call 401-625-6790 to reserve your spot. Bus trips are not individualized. Shopping Bags are limited to four per person.

**Retired Engineer Mark Rudd will conduct a ‘Computer Expo’ at our Center.** A variety of hard-ware, soft-ware, Computer-Applications, Computer-Security, and Free Computer-Network Resources will be presented. The presentation is scheduled for **November 17<sup>TH</sup> at 10AM.** So, contact the Tiverton Senior Center Office to reserve your seat, such as by calling 401-625-6790.



**JamBalaya Jammers are rocking the Center on Wednesday afternoons, beginning at 1:30 p.m.** Come join Joe Pavao and friends (James Rebello, Muriel Rego, Manny Cabral, Dick Beland, Al Pacheco,



Jim Davis, Butch Vieira and Bill on Sax) for an afternoon of sing-a-long, and lots of dancing! Open mike available for all you brave shower singers!!!



**NOVEMBER**

**Birthdays:**

Maurice “Mike” Berube	02	Andrea Silow	16
William Vieira	02	Janice Gomes	16
Sandra Cahoon	03	Arlene Bourque	16
Geri Moniz	05	Sharon Neal	17
Gilbert Rebello	06	Donna Morgan	17
Carol Solmene	08	Paul Delpape	19
Starr Medeiros	11	Diane Charette	23
David Castro	11	Beatrice Cambra	23
James Tabak	11	Barbara Donnelly	24
Anne Griffin	12	Helen Gaughan	25
Judith Medeiros	15	Ann Fitzpatrick	25
Carolyn Wieman	15	Ellen Shea	28
Joseph Pemberton	15	Sue Howarth	29
		Cathy Britland	29
		Patricia Bingle	29
		Amelia Medeiros	30

**HAPPY BIRTHDAY!**

**Introducing Ceramics to the Center**

Pagano Creations will be bringing everything you need to create your own holiday gnome. Our first class will be on Friday, November 5th from 12:30—2:30 p.m. The cost is \$20 per person. Please sign up in office (minimum of 10 participants)





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Chicken Noodle Soup <b>Kielbasa w/mustard</b> Boiled Potato's Carrot and Cabbage Blend Brownie Rye Bread Kielbasa on Roll w/mustard	<b>2</b> Vegetable Soup <b>BBQ Chicken Breast</b> Baked Beans Cole Slaw Sliced Peaches Multi Grain Bread BBQ Chicken on Multi Grain	<b>3</b> Kale and Bean Soup <b>Meatballs w/ Marinara Sauce</b> Seasoned Pasta Roasted Peppers and Onions Fruit Cup Italian Bread Meatball Grinder on Roll	<b>4</b> Clear Chowder <b>Country Crisp Fish w/ tartar sauce</b> Wild Rice Mixed Vegetables Graham Crackers Dinner Roll Country Crisp Fish on Roll	<b>5</b> Onion Soup <b>Meatloaf w/ Brown Gravy</b> Baked Potato w/ Sour Cream Scandinavian Blend Veg. Fresh Fruit Hearty County White Bread Meatloaf Sandwich w/ Ketchup on White Bread
<b>8</b> Turkey Vegetable Soup <b>Chicken Marsala</b> Mashed Potato Mixed Vegetable Granola Bar Wheat Dinner Roll Chicken Sandwich w/mayo	<b>9</b> Minestrone Soup <b>Roast Beef w/ Brown Gravy</b> Oven Roasted Potato's Italian Blend Vegetables Fresh Fruit Marble Bread Roast Beef w/ Mayo on Marble	<b>10</b> Chili Soup <b>Veggie Burger</b> Au Gratin Potato's Winter Blend Vegetable Peaches Oatmeal Bread Veggie Burger on Oatmeal	<b>11</b>  <div><b><u>CLOSED</u></b></div> <div><b>Veterans Day</b></div>	<b>12</b> <b>Corn Chowder</b> <b>Seafood Salad</b> Tortellini Salad Carrot Claw Fig Bar Multi Grain Bread Seafood Salad on Multi Grain
<b>15</b> Egg Drop Soup <b>Pork Loin w/ gravy</b> Mashed Potato Mixed Vegetable Granola Bar Pumpernickel Bread Pork Sandwich on Pumpernickel w/ Barbecue sauce	<b>16</b> Escarole and Bean Soup <b>Italian Style Chicken Cutlet</b> Rice Pilaf Broccoli Florettes Mixed Fruit Italian Bread Chicken Cutlet on Italian w/ mayo	<b>17</b> Tomato and Rice Soup <b>Low Sodium Hot Dog w/ mustard</b> Baked Beans Broccoli Slaw Fresh Fruit Wheat dinner roll Low Sodium Hot Dog on a Roll w/ mustard	<b>18</b> 100% Juice <b>Grilled Chicken</b> Tossed Salad w/Italian Dressing Pita Bread Lorna Doone Cookie Grilled Chicken on Roll w/ mayo	<b>19</b> Italian Wedding Soup <b>Roast Turkey w/ gravy and cranberry Sauce</b> Cornbread Stuffing Baby Whole Carrots Pie Dinner roll Turkey/stuffing and cranberry on a Bulky Roll
<b>22</b> Vegetable Soup <b>Swedish Meatballs</b> Buttered Noodles Sliced Carrots Pudding Wheat Bread Meatball grinder on Roll	<b>23</b> Lentil Soup <b>Roasted Rotisserie Chicken</b> Scalloped Potato Green Beans Cookies Oatmeal bread Grilled Chicken Sandwich on	<b>24</b> Red Chowder <b>Crab Cake w/ tartar sauce</b> Potato Salad Cole Slaw Fresh Fruit Wheat Dinner Roll Crab Cake w/ tarter sauce	<b>25</b>  <div><b><u>CLOSED</u></b></div> <div><b>Thanksgiving Day</b></div>	<b>26</b>  <div><b><u>CLOSED</u></b></div> <div><b>Thanksgiving Holiday</b></div>
<b>29</b> Split Pea Soup <b>Baked Ham w/ pineapple slice</b> Sweet Potato's Roasted Brussel Sprouts Peaches Rye Bread Sliced Ham on Rye w / mustard	<b>30</b> Venus Di Milo Soup <b>Pot Roast w/ gravy</b> Garlic Mashed Potato Mixed Vegetables Fresh Fruit Dinner Roll Pot Roast on a Bulky w/mayo			\$3.00 suggested donation  Please call 401-625-6790, at least 24 hours in advance, to order your lunch!